



## Floods wash away children; scorching heat envelops the western U.S.

By MARYCLAIRE DALE

Associated Press

WASHINGTON CROSSING, Pa. (AP) —

Emergency crews in suburban Philadelphia intensified their search Monday for a missing 9-month-old boy and his 2-year-old sister who were swept away in a family car when torrential rains flooded a roadway.

While the East Coast grappled with the aftermath of downpours that closed roads and rendered the water supply undrinkable in places, the West and other parts of the country contended with sizzling temperatures and unsafe air quality attributed to Canadian wildfires.



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A car is buried in flood debris from recent storms and flooding on Monday, July 17, 2023, in Belvidere, New Jersey.

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# Floods wash away children; scorching heat envelops the western U.S.

Continued from Front

In eastern Pennsylvania, authorities described Monday's search for missing Matilda Sheils, 2, and her 9-month-old brother Conrad Sheils as a "massive undertaking" including 100 search crew members and numerous drones dispatched along a creek that drains into the Delaware River. The children are members of a Charleston, South Carolina, family that was visiting relatives and friends when they got caught in a flash flood Saturday.

"As they tried to escape the fierce floodwaters, dad took his 4-year-old son while the mother and the grandmother grabbed the two additional children," said Upper Makefield Township Fire Chief Tim Brewer. While father and son made it to safety, "the grandmother, the mother, and the two children were swept away by the floodwaters," he said.

The children's mother, Katie Seley, 32, was among at least five people killed in the flooding, while the grandmother survived, Upper Makefield Police said in a social media post. The other victims' names have not been released.

Monsignor Michael Picard of St. Andrew Roman Catholic Church, where family members are parishioners, said he spoke with



Day breaks over downtown Phoenix, Monday, July 17, 2023.

the grandparents Sunday. The grandfather attended morning Mass on Monday, where the family was included in prayers.

"No matter how long I've been doing this — over and over and over, many, many years — you find yourself still helpless and without words to make people feel more comfortable," Picard said. "And so you just simply pray with them for a few minutes."

Pennsylvania's deadly flash flooding called to mind torrential rains that killed at least 25 people in New Jersey when the remnants of Hurricane Ida passed through the state in 2021. People abandoned cars along washed-out road-

ways as muddy waters overtook driving lanes and flooded low-lying houses.

Other parts of the saturated Northeast began drying out Monday after drenching weekend rains resulted in flash flooding in parts of New Hampshire, Massachusetts, Connecticut, New York and New Jersey. New Jersey Gov. Phil Murphy declared a state of emergency Sunday and planned to tour damaged areas Monday in the northwest part of the state.

A confirmed tornado touched down Sunday morning in North Brookfield, Massachusetts, but no injuries or major property damage were reported. In New Hampshire, where some

roads caved in, heavy rain postponed Sunday's NASCAR race at the New Hampshire Motor Speedway.

Vermont reported no immediate safety threats following historic flooding nearly a week ago that dumped up to two months' worth of rain in two days. However, the Federal Emergency Management Agency received a request to provide water for almost 8,000 people for three days, which the Vermont National Guard distributed. As of Friday, emergency personnel had also delivered 1,200 gallons to Copley Hospital in Morrisville after the town issued an advisory warning people not to drink

local water because of the flooding.

U.S. Transportation Secretary Pete Buttigieg planned to visit the state later Monday.

The Vermont Emergency Management agency reported that swift-water rescue teams conducted an additional six rescues overnight. The agency also was monitoring areas at risk for landslides.

More rain was in the forecast for Tuesday.

Sunday's strong storms led to hundreds of flight cancellations at airports in the New York City area, and hundreds more flights were delayed.

New York Gov. Kathy Hochul said 5 inches (13 centimeters) of rain fell within two hours in Suffolk County on Long Island. The state saw \$50 million in damages from storms in the past week.

In North Carolina, floodwaters were blamed for the death of a 49-year-old woman whose car was swept off a road in Alexander County late Saturday night. A man who was in the car with her was rescued. Meanwhile, extensive swaths of the northern United States awoke to unhealthy air quality Monday morning or were experiencing it by midafternoon, according to the Environmental Protection Agency's AirNow.gov Smoke and Fire map. □

Associated Press

## Top official in Justice Department's criminal division to depart



Assistant Attorney General Kenneth A. Polite, Jr. of the Justice Department's Criminal Division speaks during a news conference at the Department of Justice in Washington, Sept. 13, 2022.

Associated Press

By LINDSAY WHITEHURST  
Associated Press

**WASHINGTON (AP)** — The head of the Justice Department's criminal division is leaving at the end of July after two years of overseeing work that ranged from corporate fraud prosecution to war crimes investigations.

Assistant Attorney General Kenneth Polite's tenure has included work to combat human smuggling, prosecute white-collar crime and pursue accountability for Russian war crimes in

Ukraine, Attorney General Merrick Garland said in a statement.

"Under his leadership, the division has accelerated its efforts to keep the American people safe and tackle some of the most complex and urgent challenges our nation faces," Garland said.

He did not name a reason for Polite's departure, but the length of his tenure is similar to many of his predecessors. He is expected to join a law firm this summer after a short break, The Wall

Street Journal reported. Polite was confirmed to the role overseeing more than 600 federal prosecutors in 2021. He previously served a four-year stint as U.S. Attorney in New Orleans ending in 2017, and started his public-service career as a federal prosecutor in New York.

A Harvard University graduate, Polite has also been a Philadelphia-based law firm partner, a vice president at a large company in New Orleans and a white-collar defense attorney. □



# S. Dakota governor prods Washington to address national drug shortages

By STEVE KARNOWSKI

Associated Press

As the U.S. struggles with prescription drug shortages, South Dakota Gov. Kristi Noem has advanced a modest plan that she hopes will prod Washington to take decisive action to address weaknesses in the international pharmaceutical supply chain.

Noem told reporters at a pharmacy in Sioux Falls last week that her state will expand its stockpiles of certain medications that have been in short supply. The Republican former congresswoman also used the occasion to turn up the heat on the federal Food and Drug Administration, urging the agency to make the U.S. less dependent on foreign suppliers like China and India.

Noem said she hopes other governors — and members of Congress — take notice of what South Dakota is doing and lend their voices to push for long-term change in Washington to fix what she called a real risk to national security.

"My hope is that those leaders in D.C. that have the ability to weigh in on this issue will," Noem said. "We'll continue to educate them on why it's such a critical need for us to address it today."

Shifting shortages of a variety of drugs predated the COVID-19 pandemic by decades and continue to complicate treatment of patients across the country. Major contributors include manufacturing problems, demand spikes, tight ingredient supplies and overreliance on foreign sources. A U.S. Senate report in March said the shortages have "cascading effects on patient care."

Last fall, the FDA announced a shortage of the attention-deficit/hyperactivity disorder drug Adderall. Stores ran out of children's medicines due to demand during last winter's particularly intense cold and flu season. Prominent cancer centers warned last month that a growing shortage of common cancer treatments is forcing doc-



South Dakota Gov. Kristi Noem speaks at a news conference, Wednesday, July 12, 2023, at a Lewis Drug store in Sioux Falls, S.D., about efforts her state is taking to alleviate shortages of prescription drugs.

Associated Press

tors to switch medications and delay some care. Several Democratic-led states plan to stockpile abortion-inducing drugs in response to a court ruling that could limit access.

There were 309 active drug shortages in the U.S. at the end of June, according to the University of Utah Drug Information Service. That's up from 295 at the end of last year and the highest total recorded since 2014. Noem wrote to FDA Commissioner Robert Califf last week, imploring him to work with Congress on long-term solutions to fix the supply chain and reduce America's reliance on China and India.

"This is one of the issues that's still getting traction in Washington on both sides of the aisle, which is rare these days," said Stephen Schondelmeyer, a leader of the Resilient Drug Supply Project at the University of Minnesota.

South Dakota already maintains drug caches at each end of the state, at a pharmaceutical warehouse in Sioux Falls and at a Rapid City hospital. It will

now add sites at partner pharmacies in five additional cities statewide. In addition to current antibiotic stockpiles, the department is adding albuterol, epinephrine, insulin, prednisone and pediatric amoxicillin to the list, which was developed by the state Department of Health as part of a study that Noem ordered in May.

"This effort is helpful, but not the whole picture," Schondelmeyer said.

He noted that South Dakota's plan focuses on outpatient medications. Sterile injectables used in hospitals — ranging from drugs on crash carts to chemotherapy medications — have accounted for about 70% of the shortages over the past decade and may warrant stockpiling as well, he said.

Schondelmeyer estimated that around 15 to 20 other states, including California, also maintain some kind of drug stockpiles.

Noem said building up South Dakota's stockpiles shouldn't cause shortages or price spikes elsewhere across the country. The

drugs in the stockpile will be rotated and released to pharmacies before they expire so they won't be wasted.

The Department of Health is still negotiating contracts with the five additional sites and the costs associated with the additional medication stockpile, spokesperson Tia Kafka said. The quantities will be based on epidemiological data and community size, she said, and the contracts will become public record once they're finalized later this month.

"This is an interesting solution," said Erin Fox, associate chief pharmacy officer at University of Utah Health. "Stockpiling can help buffer shortage situations and are an appropriate step to take, but they can't completely solve the shortage issue."

Tom Kraus, vice president for government relations at the American Society of Health-System Pharmacists, said his group supports the concept of stockpiling as South Dakota is planning — including by states and individual hospitals — as

long as it's done carefully to avoid aggravating shortages.

The federal government also has its own drug and medical equipment stockpile, but its focus is different. The Strategic National Stockpile, run by the Department of Health and Human Services, assumes states will also have stockpiles and it's meant only to supplement their efforts.

Fox said the country needs to fix some of the underlying issues that cause shortages in the first place, such as intense price competition in the generic drug market that causes quality to suffer and forces suppliers out of the market. And she said the federal government could fund extra supplies of drugs for "inventory buffering" to provide a margin of safety when problems develop, similar to what South Dakota is doing on its own. "When you need a drug, it should be at the corner drug store or the hospital when you need it, and it isn't," Schondelmeyer said. "There are real market failures in the drug supply that need solutions." □



## Abortion in Iowa is legal again, for now, after a judge blocks new restrictions

By HANNAH FINGERHUT

Associated Press

DES MOINES, Iowa (AP) —

An Iowa judge on Monday temporarily blocked the state's new ban on most abortions after about six weeks of pregnancy, just days after Gov. Kim Reynolds signed the measure into law.

That means abortion is once again legal in Iowa up to 20 weeks of pregnancy while the courts assess the new law's constitutionality.

The new law prohibits almost all abortions once cardiac activity can be detected, which is usually around six weeks of pregnancy and before many women know they are pregnant.

The Republican-controlled Legislature approved the measure in a rare, all-day special session last week, prompting a legal challenge by the ACLU of Iowa, Planned Parenthood North Central States and the Emma Goldman Clinic. Judge Joseph Seidlin held a hearing on the matter Friday, but said he would take the issue under advisement — just as Reynolds signed the bill into law about a mile away.

Abortion providers said they scrambled last week to fit in as many appointments as possible before



Iowa Gov. Kim Reynolds takes part in a panel discussion during a Republican Governors Association conference on Nov. 15, 2022, in Orlando, Fla.

Associated Press

the governor put pen to paper, preemptively making hundreds of calls to prepare patients for the uncertainty and keeping clinics open late.

Reynolds swiftly put out a statement underscoring her intention to fight the issue all the way to the state Supreme Court.

"The abortion industry's attempt to thwart the will of Iowans and the voices of their elected representatives continues today," she said.

The ruling Monday does specify that while the law is temporarily paused, the

state's Board of Medicine should proceed with creating rules for enforcement, as the law specifies. That way the guidance for health care providers would be well defined if the law were to be in effect in the future.

There are limited circumstances under the law that would allow for abortion after the point in a pregnancy where cardiac activity is detected: rape, if reported to law enforcement or a health provider within 45 days; incest, if reported within 145 days; if the fetus has a fetal abnormality

"incompatible with life;" or if the pregnancy is endangering the life of the pregnant woman.

Seidlin specified that his ruling today hinges on the "undue burden" test, which is an intermediate level of scrutiny that requires laws do not create a significant obstacle to abortion.

The state Supreme Court, in its latest rulings on the issue, said that undue burden remains in effect "with an invitation to litigate the issue further," Seidlin wrote. "This, perhaps, is the litigation that accepts the invitation." Using that standard,

abortion advocates are likely right to say the new law violates Iowans' constitutional rights, Seidlin said, which led him to grant the temporary block.

Lawyers for the state argued — and will likely continue to argue — that the law should be analyzed using rational basis review, the lowest level of scrutiny to judge legal challenges.

"We are deeply relieved that the court granted this relief so essential health care in Iowa can continue," said Abbey Hardy-Fairbanks, medical director of the Iowa City-based Emma Goldman Clinic, in a statement. "We are also acutely aware that the relief is only pending further litigation and the future of abortion in Iowa remains tenuous and threatened."

Most Republican-led states have drastically limited abortion access in the year since the U.S. Supreme Court overturned *Roe v. Wade* and handed authority on abortion law to the states. More than a dozen states have bans with limited exceptions and one state, Georgia, bans abortion after cardiac activity is detected.

Several other states have similar restrictions that are on hold pending court rulings, as is now the case in Iowa. □



NYPD Police Commissioner Edward A. Caban, right, is sworn in during a ceremony outside New York City Police Department 40th Precinct on Monday, July 17, 2023, in New York.

Associated Press

By KAREN MATTHEWS

Associated Press

NEW YORK (AP) — Edward Caban, who joined the New York Police Department

as a young patrol officer in 1991 and rose through the ranks, was sworn in Monday as police commissioner, becoming

## Veteran police official Edward Caban becomes first Latino to head the NYPD

the first Latino to lead the 178-year-old department. Mayor Eric Adams administered the oath of office in front of the Bronx stationhouse where Caban started his career, and praised his new police commissioner as "representative of this blue-collar city."

Caban, the son of a transit police officer who served with Adams when the now-mayor was on the transit force, said he joined the NYPD as "a young Puerto Rican kid" at a time when "the top bosses of the police department didn't really look like me."

His beaming father, retired Detective Juan Caban, and other family members joined Caban as he was sworn in as the city's top police official.

Caban thanked Adams for choosing him to head the 33,000-member police department.

"To be the first Hispanic police commissioner is an honor of the highest measure," Caban said.

Caban, 55, has served as acting commissioner since the resignation of Keechant Sewell, who announced last month that she was stepping down af-

ter 18 months.

Sewell, the first woman to lead the department, did not provide a reason for her resignation, but there had been speculation that other officials including Deputy Mayor for Public Safety Philip Banks III, an Adams ally, were undermining her authority.

Adams and Caban both praised Sewell, who did not attend her successor's swearing-in.

"Commissioner Sewell smashed a glass ceiling," Caban said, "and she did so with grace, confidence and honor." □



## EU and Latin American leaders hold a summit hoping to rekindle relationship with long-lost friends

By RAF CASERT  
Associated Press

**BRUSSELS (AP)** — Leaders from the European Union and Latin America gingerly hugged and huddled at the opening of their first summit of long-lost relatives in eight years. Monday's opening session didn't turn into a joyful reunion of long-lost friends.

Latin American and Caribbean leaders brought century-old recriminations over colonialism and slavery across the Atlantic to the EU's headquarters in Brussels, and added current-day complaints that Europe still doesn't get how to treat former colonies as equal partners in the 21st century.

"Most of Europe was, and still is, overwhelmingly the lopsided beneficiary in a relationship in which our Latin America, and our Caribbean, have been and are unequally yoked," said St. Vincent and the Grenadines Prime Minister Ralph Gonsalves, who holds the presidency of the 33-nation Community of Latin American and Caribbean States. European leaders acknowledged time and again that the exploitation of old had been fundamentally wrong, yet insisted that the



European Commission President Ursula von der Leyen, left, Saint Vincent and the Grenadines' Prime Minister Ralph Gonsalves, center, and European Council President Charles Michel gesture during the third EU-CELAC summit that brings together leaders of the EU and the Community of Latin American and Caribbean States in Brussels, Belgium, Monday, July 17, 2023.

Associated Press

challenges of today can only be tackled effectively when EU and Latin American countries do so together.

"You have to realize that in the past, we didn't pick up the phone when they had issues. So there is very serious irritation among a great many countries," Dutch Prime Minister Mark Rutte said. "That we get this back in our face now is also

proof that we, as Europe, sometimes acted a bit arrogantly."

The result was that long-stalled trade agreements like a huge EU-Mercosur deal will likely be no closer to resolution when the leaders wrap up their summit Tuesday. And despite weeks and months of preparation, a joint final statement was still in limbo less than a day before the clos-

ing of the meeting, highlighted by a dispute over whether to include a condemnation of Russia's war in Ukraine.

If something was on show, it was Central and South America's increased confidence, boosted by a huge injection of funds from China and the knowledge that their critical raw materials will become ever more vital as the EU seeks to end

an excessive reliance on Beijing's rare mineral resources.

Their last such encounter was in 2015, and since then the COVID-19 pandemic and Brazil's three-year departure from the 33-nation CELAC group had made the Atlantic Ocean separating the two sides seem wider.

That view could not be dispelled despite pledges of friendship and EU commitments to spend 45 billion euros (\$51 billion) on the partnerships over the next four years.

Instead, divisions ranging from Russia's war in Ukraine to trade and deforestation gave extra spice to a meeting that will be considered a success simply if the participants agree to meet more frequently.

Problems over including a reference to Russia in the summit statement were especially painful. The EU repeats its unwavering support for Ukraine almost daily. CELAC has member nations like Cuba and Venezuela whose views on Russia contrast with just about every EU nation and others that are neutrals in the war and point out other global conflicts that get less attention. □

## Lack of funding forces U.N. to slash food program in Haiti amid a surge in malnutrition



A malnourished baby is measured by a health worker at the Gheskio Center in Port-au-Prince, Haiti, Friday, July 14, 2023.

Associated Press

**SAN JUAN, Puerto Rico (AP)**

— The U.N.'s World Food Program announced Monday that it is facing a shortage of funds and won't be able to help 100,000 people in Haiti this month who urgently need assistance. The 25% cut comes as a record 4.9 million people in the country of nearly 11 million need help with finding food, the agency said. "These cuts could not come at a worse time, as Haitians face a multi-layered humanitarian crisis, their lives and livelihoods

upended by violence, insecurity, economic turmoil and climate shocks," said Jean-Martin Bauer, the agency's director for Haiti. The agency warned that its Haiti response plan is only 16% funded, and that it won't be able to provide food to a total of 750,000 Haitians if it doesn't secure \$121 million through the end of the year.

"Unless we receive immediate funding, further devastating cuts cannot be ruled out," Bauer said.

So far this year, the World

Food Program has provided more than 450,000 school children with hot meals, often the only food they receive in a day.

Per capita, the number of Haitians facing emergency-level food insecurity is the second highest in the world, with nearly 5 million struggling to eat every day, according to the agency. More than 115,000 children younger than 5 also are expected to struggle with malnutrition this year, a 30% surge compared with last year. □



## China criticizes the upcoming U.S. visit of Taiwan's 'separatist' presidential front-runner

By **SIMINA MISTREANU**

**Associated Press**

**TAIPEI, Taiwan (AP)** — China is criticizing an upcoming stopover in the United States by Taiwan's vice president and presidential front-runner William Lai as a challenge to its territorial integrity, while Taiwan says it's merely a transit stop.

China regards Taiwan as a breakaway province to be retaken by force if necessary and prohibits its diplomatic partners including the U.S. from having formal ties with Taipei. While not recognizing Taiwan as a country, Washington maintains robust unofficial ties and has pledged to help Taiwan defend itself in case of an invasion.

A Chinese Foreign Ministry spokeswoman said at a briefing in Beijing that China had lodged formal protests with the U.S. over Lai's visit next month.

"China is firmly opposed to any form of official exchanges between the United States and Taiwan,"



In this photo released by the Taiwan Presidential Office, Paraguay's president-elect Santiago Pena, left, shakes hands with Taiwan's Vice President in William Lai in Taipei, Taiwan, Wednesday, July 12, 2023.

**Associated Press**

spokeswoman Mao Ning said. "We firmly reject Taiwan independence separatists visiting the U.S. under any name and for any reason, as well as any form of the U.S. connivance and support of the Taiwan inde-

pendence separatists and their separatist activities."

"China will closely monitor developments and take resolute and forceful measures to defend its national sovereignty and territorial integrity," she added.

A senior U.S. administration official said such trips are hardly unusual there have been 10 previous vice presidential visits in the last two decades, including one by Lai previously and that the White House encouraged

Beijing to avoid using it as a pretext for interference or escalation across the Taiwan Strait. The official spoke on the condition of anonymity to discuss Lai's upcoming travel.

The criticism comes on the heels of Secretary of State Antony Blinken's visit to Beijing to restore lines of communication broken after a Chinese spy balloon was discovered flying over the U.S. earlier this year, and as U.S. climate envoy John Kerry is in China for talks. The official said the U.S. sees no reason why Lai's trip should impact the restoration of lines of communication between Washington and Beijing and described Lai's travel as private and unofficial. Lai is expected to stop in the U.S. as part of a trip to attend the inauguration of Paraguay's new president, Santiago Pena, on Aug. 15. Taiwan's presidential palace announced Monday that Lai's delegation would arrive in Paraguay on Aug. 14. □

## U.N. says the Taliban have further increased restrictions on Afghan women and girls

By **RAHIM FAIEZ**

**Associated Press**

**ISLAMABAD (AP)** — Taliban authorities have further increased restrictions on women and girls in Afghanistan in recent months, including in education and employment, the U.N. said in a report on the human rights situation issued Monday.

Taliban's Ministry of Public Health has announced that only males will be allowed to take exams to pursue specialized medical studies, the U.N. mission in Afghanistan said in the report, which covers developments in May and June. That follows a ban on female medical students taking graduation exams announced in February and a prohibition on women attending universities issued last December, the report

said.

The U.N. said it has recorded instances in which the Taliban have enforced previously announced limitations on women's freedom of movement and employment.

In early May, two Afghan female staff of an international non-governmental organization were arrested by Taliban forces at an airport because they were traveling without a male companion, or mahram,

the report said.

In June, a midwife was detained and interrogated for five hours by the Taliban's intelligence service, which threatened her with death if she continued her work with an NGO. She resigned two days later as a result, the report said.

"Two other NGOs had their licenses suspended by the de facto Department of Economy because of the presence of female employees in their offices," it said.

There have also been reports of physical violence against women, including an incident in which members of the Taliban's vice and virtue department beat a woman with a stick and forced her to leave a public park, it said.

Despite initial promises of a more moderate rule than

during their previous period in power in the 1990s, the Taliban have imposed harsh measures since seizing Afghanistan in August 2021 as U.S. and NATO forces were pulling out.

They have barred women from most areas of public life and work and cracked down on media freedoms. They have banned girls from going to school beyond the sixth grade, and prohibited Afghan women from working at local and non-governmental organizations.

The ban was extended to employees of the United Nations in April.

The measures have triggered a fierce international uproar, increasing the country's isolation at a time when its economy has collapsed and worsening a humanitarian crisis. □



Afghan women wait to receive food rations distributed by a humanitarian aid group, in Kabul, Afghanistan, Tuesday, May 23, 2023.

**Associated Press**



## Aruba's most family-friendly beaches

(Oranjestad)—One of the biggest concerns that parents have when travelling with their children is a guarantee of their safety and healthy enjoyment. Therefore, we thought it would be a great help to travelling parents to list off some of the most family-friendly beaches around the island.

### Baby Beach in San Nicolas

Baby Beach is one of Aruba's most popular and visited beaches, and for good reason: This sandy and quiet lagoon is a great place for parents to sit back and relax while their children play in the shallow shores of the beach. Beside the relaxing atmosphere, there are also several services that may accommodate your stay, like a parking lot, sun tent rentals, chairs, bathrooms and a snack bar right at the far left of the beach.

### Mangel Halto in Pos Chiquito

Mangel Halto is situated



in the back streets of the Pos Chiquito city. Though there are several stairs on the sides of the beach cliff leading you down, the best spot for families to hang out is across the bridge, passed the mangrove trees near the entrance sign. Here, there are small and big palapas, perfect for big and small families to

set up their belongings. In this area, the shore is also shallow, falling right around your knee before slowly getting deeper: perfect for kids to safely play.

### Eagle Beach/Palm Beach in the hotel area

Yet another highly popular beach site, Eagle Beach and Palm Beach is where

most of our visitors go to tan, swim or play in the white sand. Because they are near the low-rise and high-rise hotel areas, these beaches are the most accessible for visitors on foot. These beaches also offer many palapas free to use, but you can also rent chairs and tents. Much like Baby Beach, these sites are one

of the best beaches for your children to play and build sand castles.

### Boca Catalina in Malmok

Boca Catalina is a small bay beach near the Malmok beach area further down the hotel areas. Though it may not be a very sandy beach, it is relatively quiet and tranquil. This is a great place for family to lay down a big blanket and have a little picnic. This is also one of the best places to snorkel, as this area is filled with little fish and corals, even close to the shore.

### Palm Island

Ok, this one is technically not a beach, but a must-visit attraction for family fun. This small water park oasis is located further down the Mangel Halto Beach and is reachable by boat. This water park offers 6 hours of fun activities, food, drinks, and a chance to see pink flamingoes up close! ☐

## The Bushiribana Gold Mill Ruins and its history

(Oranjestad)—The Bushiribana Gold Mill Ruins is one of the most visited places by tourists on the island, as it lies along the northern coast line near the mini pool and on the way to the Natural Bridge. Despite its seemingly plain appearance, this ruin represents one of the most important histories of the island: The Aruban Gold Rush.

Built in 1872 by English company Aruba Island Gold Mining Company Ltd, the gold mill at Bushiribana was constructed in the area where most gold was found by locals. The story of gold on Aruba actually dates back to 1725, when a first exploration for gold on the island was commissioned by the Dutch West India Company. Under the leadership of Mr. Paulus Printz, a three-year search was conducted on Aruba, to no avail. Though they found some gold, it was enough to motivate a fur-

ther search, and the assignment was discontinued by Printz himself.

It wasn't until 100 years later, in 1824, when a young boy found a lump of gold while out herding his father's sheep. His father took it to a local merchant who then sold the lump for \$70. Unbeknownst to the boy and his father, they quite literally struck gold, and as word got out, a gold fever spread among the locals who started searching for more gold. About 25 pounds worth was found.

At the same time, the Aruban government took immediate actions, and informed Curacao that gold was found. At first, everyone could look for gold, as long as they sold it to the government. However, after some time, the government decided to implement stricter rules and banned local search parties.

Over the years, concession-holding had seen different companies from around the world, all of which used primitive methods to dig and carve out gold from the rocks. Aruba Island Gold Mining Company Ltd. was no different, but used a unique method that

involved grinding the rocks and letting the dust be blown away by the strong northeast wind, leaving clumps of gold behind. The next step was melting the gold and letting it attach to quicksilver in order to obtain pure gold. All these processes were done at

the Bushiribana Gold Mill. The gold mill itself had a short life-span: only 10 years in service, but its structure remained relatively solid till this day, and is now a historical remnant.

Sources: Etnia Nativa & goldmineranch.com.







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## Delphi Watersports Wins 2023 Viator Experience Award

### *“Catamaran Dolphin Snorkeling Cruise: Open bar, Light Lunch” Recognized Among Best in Top 20 for the Caribbean, Based on Exceptional Ratings & Reviews*



**Oranjestad – Delphi Watersports announced it has been recognized as a Viator Experience Award winner for “Top 20 Best in Experience” for the Caribbean region. Despite a challenging few years for the travel industry, Delphi Watersports stood out to travelers and provided an exceptional experience.**

“We, at Delphi Watersports, are absolutely thrilled and deeply honored to have received the prestigious Viator Experience Award for our phenomenal catamaran Dolphin snorkeling cruise. This is a truly momentous achievement, and we couldn't be prouder of our team for their unwavering dedication and hard work.

We firmly believe that our personalized, friendly service coupled with our commitment to our customers' safety has played a significant role in making our catamaran Dolphin snorkeling cruise such a resounding success. Our unique features and innovative approach have also contributed to its massive popularity. But, we believe that the real secret to our success story lies in the exceptional professionalism, hospitality, and friendliness of our staff. They go above and beyond to ensure that every single guest who steps aboard our catamaran feels welcomed and valued, creating an unparalleled experience that is unmatched in the industry.

In addition, we must acknowledge the incredible support of our repeat guests who have played a crucial role in making this achievement possible. Their loyalty and enthusiasm for our catamaran Dolphin snorkeling cruise have been a driving force behind our success, and we are incredibly grateful for their continued patronage and trust in our services.

Their valuable feedback and suggestions have helped us to constantly improve and refine our offerings, ensuring that we are always delivering the best possible experience for our guests. We are immensely

proud of the relationships we have built with our repeat guests and are thrilled to have them as a part of our Delphi Watersports family.

We will continue to strive for excellence in everything we do, from our personalized service to our commitment to safety, to ensure that our guests have an unforgettable time aboard our catamaran Dolphin snorkeling cruise. Thank you to everyone who has contributed to this incredible achievement, and we look forward to welcoming you aboard again soon!”

Viator is the world's largest travel experiences marketplace with more than 300,000 bookable tours, activities, and excursions. Now in its second year, the final rankings for the Viator Experience Awards are based on average review ratings, share of bookings with a review, and number of bookings on the Viator platform over a 12-month period (Jan-Dec 2022). Serving as the hallmark of the best experiences to book, this round of Viator Experience Awards recognizes 220 experiences, tours, and activities across 11 geographic regions - ranking the top 20 winners per region.

“No matter where you're from or where you're going, one thing is clear—the hunger for unforgettable travel experiences has never been greater,” said Adam Lawless, Communications Director, Viator. “What you do and see while traveling tends to leave a lasting mark. We're thrilled to have this award program spotlight truly exceptional tours, activities, and excursions from around the world that elevate your travel experience—creating memories you won't soon forget.”

To see traveler reviews and to

book with Delphi Watersports, visit Delphi Watersports - Tripadvisor You can also follow the conversation on Twitter and Instagram with the hashtag #ViatorExperienceAwards.

#### About Delphi Watersports

We are a family business that has been established on Aruba since 1992, and we have been awarded the TripAdvisor's prestigious Award of Excellence, Hall of Fame Award, Travelers Choice Award and Experience Award during the past 9 consecutive years.

We offer an unsurpassable variety of both water sports and activities available on Aruba, specialized in giving excellent service to individuals, couples, families, groups and all kinds of events. We make sure that our customers have an unforgettable vacation experience.

Delphi Watersports. Book with us now and Experience the Difference!

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Viator, a Tripadvisor company, makes it easy to find and book unforgettable tours, activities, and excursions around the world. With more than 300,000 experiences to choose from there's always something new to discover, both near and far from home.

Your time off is precious so we focus tirelessly on quality, offering everything from simple tours to extreme adventures (and all the niche, interesting stuff in between). With ultimate flexibility, award-winning customer support, and millions of traveler reviews, you can truly do more with Viator.

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## Lessons from our elders: Plants and fruits for medicinal use



**(Oranjestad)—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.**

### Pineapple

Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pine-

apple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa\* with it. It is said that this tea can also be drank after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.

When the fruit is unripe and green, this can be used to stimulate menstruation flow in women. This also stimulates the passing kidney stones. When ripe, the fruit can be used for poisoning in the gut and can help treat rheumatic diseases, like arthritis.

However, breastfeeding women who cannot produce much milk are advised not to consume too pineapple, and people with acid reflux are recommended to not consume any pineapple at all.

### Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a "shalup" (porridge) for stomach pain or when you're feeling weak. You can make it with milk too, but it is advised to best use just water. You can also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup, boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk,



add a pinch of salt. Raw arrowroot powder can be used to powder babies.

### Eggplant/Aubergine

Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.

Eggplant kataplan\* can also be used to treat skin



tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to treat arthritis. □

\*warapa: term referring to a water and sugar solution, a.k.a simple syrup.

\*kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen.

## Aruba to me

**ORANJESTAD — You are back or still enjoying your vacation?... we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.**

Complete the sentence: Aruba to me is ..... Send your picture with that text (including your name and

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## Episode 23

### Dutch Aruban after 1650

**A free for all, our island seas, the Caribbean and world oceans has become pretty much a pirates playground for whomever was in search of adventures. Every one at sea could become prey, while in the Caribbean hunting grounds, dogs didn't eat dog. Especially after 1651 (Navigation Act) and as a result of the English wars against the Dutch Republic, the island had to suffer many attacks from freebooters, pirates and buccaneers about which there is historical evidence.**

In 1651 the English buccaneer appears in the roadstead. Some people are disembarked, and shortly after they depart with twelve formidable horses possessing a value of 300 guilders each, a large – scale robbery for our island. The commander, having only a few horsemen at his disposal, could do next to nothing to avoid risking lives of his citizens.

According to Exquemelin recordings, there were fifteen soldiers here in 1678. This number may be correct, since the man evidently had been on Aruba himself, and had no reason to exaggerate. The strength of the garrison, therefore, seems to have been rather variable. Some time later,

in 1701, Aruba's whole occupational force consisted of Commander Flaccius, two horsemen and two soldiers.

The material means for defense also left much to be desired. At that time there was not a single fortifications on Aruba. There were natives on horseback and armed with Spanish muskets, instead of the muskets the Spaniards on the island had to fire off, the Dutch possessed carbines that no longer needed liftlocks eliminating elaborate manipulations with fuses.

In August of 1660, a privately-owned ship, De Vergulde Paeuw (The Gilded Peacock), "having been boarded by the accomplices of an English privateer," as mentioned in a document among Hamelberg's collection, "was spoliated inimically, these people taking out of everything they inflicting serious injuries upon the crew, and perpetrating other hostilities and knaveries".

#### Legal position of the Indians

Under the administration of the company, the status of the Indians differed from that under Spanish dominion. The native under Spanish rule enjoyed a certain measure of liberty, this position being actu-



ally better than that of the North European farmer of the period. Historiography, which both from the Dutch and from the English side has received an anti-Spanish bias, a fact capable of historical explanation, that has hitherto been unjust in its critical approach to Spanish colonialism, if this word could be used at all for Spain. Spain knew in America "esos reinos," which politically stood on a footing of equality with "estos reinos," by which were understood the kingdoms of the Iberian Peninsula. But it goes without saying that

there must have been a difference between doctrine and practice.

Within the jurisdiction of the Dutch administration the Indian could not be forced into slavery. He was subjected to the same laws as the white colonist, especially to whom the government regulations of 1629 applied. Here, too, there cannot fail to have been a discrepancy between doctrine and practice, because the Indians were utterly destitute drudges. In 1635 some of them had been employed as hunt-servants. In reward these "free" men receive a set of clothes, shirts, and shoes, to replace their worn and thread-bare garments. They also for once got the full ratio of bread and brandy.

From a lawsuit dealt with on Aruba (ca. 1804) it might be concluded that the Indians were allowed to raise goats freely, but not donkeys, horses and cows. This would point to some discrimination being made in favor of the whites. On all three islands so-called red slaves were also found, that is Indians brought by the cacique from the continent. Principally these were girls under age, or boys that had been taken prisoners.

In the nineteenth century there is a relatively great number of such persons on the island, Natives from other tribes that spoke their own language

Meanwhile the instructions issued by the company in 1635, which principally related to Curacao, enjoined that everything should be done to free the Indians from their "barbaric practices," and to make them civilized subjects. Particularly, the education of the children should be directed towards their conversion to Christianity and a decent, civic way of life. As it was deemed that "idleness is the parent of vice," the Indians had to engage in some occupation, preferably farming, fishing or do such other labor as they were fit. □

**Source: Island Insight column by Etnia Nativa.**





# National Park Arikok: Aruba's biggest nature conservation

The National Park Arikok comprises almost 18 % of the island. Its rugged terrain, desert-like hills filled with tall cacti, breathtaking coastline and protected local flora and fauna welcome you to be explored. There are numerous animals to discover, for example the sea turtle who lays his eggs on the park's beaches.

The national park Arikok takes you on a memorable journey of the islands past offering unique geological, cultural and historical sites. These can all be enjoyed and explored either on your own or during guided tours. A wide variety of educational and informative programs and fun activities is available.

Did you know that four of the in total seven species of sea turtle lay their eggs on Aruba's beaches? In the national park, a Least Tern (*Sternula antillarum*) keeps a strict eye on a very special event taking place below on the beach: a majestic Leatherback (*Dermochelys coriacea*) heads back to sea after laying her eggs, while another nest laid 2 months ago by the same female hatches—a very rare occurrence of daytime nesting and hatching. Sea turtles prefer nesting in the cool and dark hours of the night. And hatchlings usually wait for the cue of cooling surface sand before emerging.

## Nature Conservation

The protected area of National Park Arikok was officially established in 2000. Arikok National Park is a 34 square kilometers (7907 acres) of natural area, located at the north-eastern part of Aruba which contains examples of most of the island's flora and fauna against a backdrop of great geological complexity. We are proud to state that approximately 18% of the total land area of Aruba is assigned as a National Park, to protect and preserve the flora, fauna, geology and historical remains present within Arikok



National Park.

## The Landscape

There is a great geological variety within the park. The main aspects are the rough hills of the volcanic Aruba lava formation, the mysterious rocks of the batholithic quartz-diorite/tonalite, and the limestone rocks from fossilized coral. The two tallest hills on the island are situated within the park. Jamanota hill 188 meters (617 ft) and Arikok hill 176 meters (577 ft), from which the name of the park is derived.

The line of the permanently wind-and-wave beaten North Coast is broken by several bays (boca's). Most of them are small yet impressive inlets at the mouth of dry riverbeds. Some of these bays (boca's) are spectacular sights, adorned with white, sandy beaches and sand dunes, as is the case at Boca Prins and Dos Playa.

Arikok is also home to Conchi, Aruba's most important natural attraction; also known as The Natural Pool. The journey to the Pool is and adventure by itself and only possible by foot, horse, ATV or 4x4 vehicle.

## Cultural and Historical components

There are a number of sites within the park that attest to the history of Aruba. The Caquetío Indians left rock paintings in Cunucu Arikok and Fontein Cave. The bird drawing in the park logo is a copy of one of these historical artistic expressions.

Old plantation (Cunucus) sites tell the story of an active yet challenging agricultural past.

These Cunucus were also residential areas for the few families that worked the land. These families found ways to survive in the difficult conditions, and were able to erect their homes with materials found in the area. Two of these adobe houses have been restored. Park rangers are learning many of the old building techniques in order to preserve this unique Aruban mud-house. At Cunucu Arikok and near Plantation Prins you can find these adobe houses.

## Park Management

For the management of the park, a dedicated foundation "Fundacion Parke Nacional Arikok"

(FPNA), known today as the Aruba National Park Foundation was established in July 2003. In February 2017, mangrove and

wetland RAMSAR site #198 Spanish Lagoon was annexed to Arikok National Park due to its importance as a feeding and breeding area for water birds and as a nursery area for a variety of marine organisms. With this addition, the areas under FPNA management increased by 70 hectares while the amount of species of flora and fauna to be conserved to over 250.

On December 21st, 2018 (AB 2018 no. 77) Parke Marino Aruba – currently consisting of four marine protected areas (MPAs) – was officially established and subsequently brought under management of FPNA. In 2019 management plans will be established for the new MPAs which include: coral reefs, sea grass beds, mangrove systems, a large diversity of breeding seabirds. Parke Marino Aruba also contains potential shark nursery areas, endangered sea turtle nesting beaches and marine mammal nursery areas. □





# CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Knee protectors
  - 5 Expose to intense heat
  - 10 Some wood-winds
  - 12 Fab Four drummer
  - 13 Egg option
  - 15 Airport screening org.
  - 16 Daiquiri ingredient
  - 17 Easy victim
  - 18 Becomes prevalent
  - 20 Evergreen tree
  - 21 Amy Wine-house hit
  - 22 Enjoy a novel
  - 23 — Gay (WWII bomber)
  - 25 Unexciting
  - 28 Famous
  - 31 Leave out
  - 32 Baking spice
  - 34 Guitarist Wood
  - 35 Floral garland
  - 36 Longoria of TV
  - 37 Hollywood street
  - 40 Gibson garnish
- DOWN**
- 41 Polygon corner
  - 42 Worries
  - 43 Dick Tracy's love
  - 1 Fence supports
  - 2 Addict, e.g.
  - 3 Give to charity
  - 4 Capitol Bldg. worker
  - 5 Hat part
  - 6 Relieve (of)
  - 7 Infant outfit
  - 8 Large lizard
  - 9 Cut off
  - 11 Damascus native
  - 14 Shaded head-gear
  - 19 Paper piece
  - 20 Chris of "Guardians of the Galaxy"
  - 24 Writer — May Alcott
  - 25 Trunks
  - 26 Quantity
  - 27 Mickey's mate
  - 29 Come into view
  - 30 New Jersey NHL team
  - 33 Stares in shock
  - 35 Camera part
  - 38 Boar's mate
  - 39 Blasting stuff

P	U	B	S		R	A	C	E	R	
A	B	E	T		E	R	A	S	E	S
N	O	R	A		P	O	R	T	A	L
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S	T	A	R	T	L	E		N	I	P
				I	T	S		S	I	N
C	R	O	N	Y		S	T	A	G	S
H	A	N	G		S	P	A			
A	T	A		S	T	A	R	T	U	P
R	I	D		M	A	N	C	I	N	I
G	O	A	T	I		T		H	A	L
E	N	T	I	R	E		E	R	I	C
		S	E	E	K	S		S	A	T

Yesterday's answer

1	2	3	4		5	6	7	8	9
10				11		12			
13				14					
15				16			17		
18			19			20			
	21					22			
			23			24			
25	26	27		28		29	30		
31				32				33	
34				35			36		
37			38			39			
40					41				
42						43			

7-18

AXYDI.BAAXR  
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

7-18

CRYPTOQUOTE

R Y U F S V S R X P I U

G W R A I I T P Y W J W

N R C V D R A H D . — L S W F V P

K U A P I

Yesterday's Cryptoquote: ONE TOUCH OF NATURE MAKES THE WHOLE WORLD KIN. — WILLIAM SHAKESPEARE

## What to consider before budgeting with the cash-stuffing method

By KIMBERLY PALMER of NerdWallet

When Giovanna "Gigi" Gonzalez wanted to cut back on her food spending, the finance expert and money coach applied what is known as the "cash-stuffing" method of budgeting. She put the cash she allotted to food for the week into an envelope and limited her spending to that amount. "I could see when I had just 20 bucks left for the week, so it was really helpful," she says.

Popularized through TikTok videos, cash stuffing has brought back the old-fashioned envelope system of budgeting: You divide up your cash into different envelopes, each dedicated to a category of spending or saving. "It's a tried and true method," says Gonzalez, who also founded The First Gen Mentor, a money course where she promotes financial literacy. If you're considering joining the cash-stuffing movement yourself, here are some guideposts:

### SET ASIDE PLANNING TIME

Cash stuffing requires an upfront time commitment because you need to plan your spending, withdraw your cash and then "stuff" it into labeled envelopes. That process could easily take an hour or two to get prepared for the week ahead.

"It's an additional time commitment," Gonzalez acknowledges, but the upside is that "you immediately feel more in control of your money."

### KEEP YOUR CASH SAFE

With so much cash on hand, it's important to



In this June 15, 2018 photo, twenty dollar bills are counted in North Andover, Mass.

Associated Press

secure it, says Bruce McClary, senior vice president of membership and communications at the National Foundation for Credit Counseling. "There are all kinds of risks involved if you're stuffing cash in places where you might forget it or heaven forbid something happens and the cash burns," he says. Tim Melia, a certified financial planner and founder at Embolden Financial Planning in Seattle, suggests keeping the cash envelopes in a fireproof safe that locks. He adds that while news about bank collapses likely contributed to the appeal of cash, an FDIC-insured bank account is still the safest place to store money. (The Federal Deposit Insurance Corp. insures up to \$250,000 per depositor, per bank and per ownership category.)

### CONSIDER A HYBRID APPROACH

Gonzalez likes the idea of cash stuffing for everyday expenses but then moving larger amounts for savings or something like a

house down payment into a bank account. "I don't want that money sitting in an envelope," she says. □

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Fundacion Contra Violencia  
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## How the 'Barbie' soundtrack came together, according to mastermind Mark Ronson

By **MARIA SHERMAN**

AP Music Writer

**LOS ANGELES (AP)** — Mark Ronson is showing off his Barbies.

Scattered throughout his studio, the executive producer of the "Barbie" soundtrack and a musical polymath known for his work with artists like Amy Winehouse and Lady Gaga has a few "leftovers" scattered across the room. One doll is placed in a permanent split, stretched across a Moog synthesizer. Another is styled to look like primatologist Jane Goodall.

"I went to Toys R Us and I couldn't find a single Ken," he laughs. Fittingly, "that's the theme of the movie." Mattel HQ did end up sending over a few; the Ken that remains in Ronson's studio is, appropriately, shirtless. Finding the sound of "Barbie," poised to become one of 2023's biggest blockbusters, required careful consideration and research for a film with such a rich visual palette. In the end, he produced a stacked soundtrack that included Lizzo, Billie Eilish, Dua Lipa (who also acts in the movie) and more. But it started with a simple text message.



This image released by Warner Bros. Pictures shows Ryan Gosling, left, and Margot Robbie in a scene from "Barbie."

The music supervisor on the project, George Drakoulis, shot Ronson a quick, "Barbie?" Ronson read the script and was in. He also scored "Barbie" with collaborator Andrew Wyatt. Ronson is no stranger to working on music for film, but executive producing a soundtrack album and scoring an entire movie, let alone, a movie of this size, was new territory. "It was a lot of learning on the job," he says. The soundtrack assignment began with two tracks: a pop song for a big dance number and an '80s power ballad for Ken (name a genre with more

"self-aware, bombastic silliness," as Ronson calls it). The former came first. Ronson came up with a chorus and beat a detour from his first, far too obvious plan on writing "'80s, sugar-y pop," and instead landing on a "groovy, melodic thing ... with some toughness," perfect for Dua Lipa. It became "Dance the Night," the Lipa track featured in the film's main trailer. The Ken song came about differently. For the most part, Ronson works on instrumentals: When he wrote "Shallow" with Lady Gaga and Bradley Cooper for "A Star Is Born," for example,

he only contributed lyrics to fill in gaps the "surface, don't hurt us," line, as he recalls. But for the song that would become Ryan Gosling's "I'm Just Ken," Ronson couldn't shake the lyric: "I'm just Ken, anywhere else I'd be a 10." So he sent director Greta Gerwig a demo with a few lines including a deliciously mouthy lyric about "blonde fragility." She sent it to Gosling, who plays Ken in the film, and knew immediately he needed to sing it. What could have soundtracked any scene in the film became its own musical moment.

Early on, Gerwig used the Bee Gees and '70s discos as a reference point for Ronson.

"You know the Chicago (Disco Demolition) thing, where everyone burned their disco records, 'Saturday Night Fever' had reached its apex and the poor Bee Gees were like, 'All we wanted to do was make people dance! What did we do wrong?'" says Ronson. "That's 'Barbie.'"

If anything, that idea is more of a thematic one than a sonic guideline. The mood board was vast, and also included "Dolly Parton, Olivia Newton John, 'Nine to Five,'" Ronson explains. It speaks to why the "Barbie" soundtrack spans pop genres, including a reggaeton track courtesy Karol G, "Watati," bubblegum K-pop from girl group Fifty Fifty featuring Kali Uchis in "Barbie Dreams," and the falsetto-led piano ballad "What Was I Made For?" by Billie Eilish.

For Atlantic Records, who released the soundtrack, collaboration and diversity was key.

"All of these artists were brought in early on to do screenings with Mark, Greta, and the filmmakers. □

## Child star Mia Armstrong is working on a picture book

By **The Associated Press**

**NEW YORK (AP)** — Child star and activist Mia Armstrong has a picture book coming out next year about her experiences with Down syndrome, what her publisher calls "all the joys and challenges."

Random House Children's Books announced Monday that Armstrong's "I Am a Masterpiece!" will be released next January. Illustrated by Alexandra Thompson and co-written by Armstrong and author Marissa Moss, the book is Armstrong's way of helping

kids see the world as she sees it.

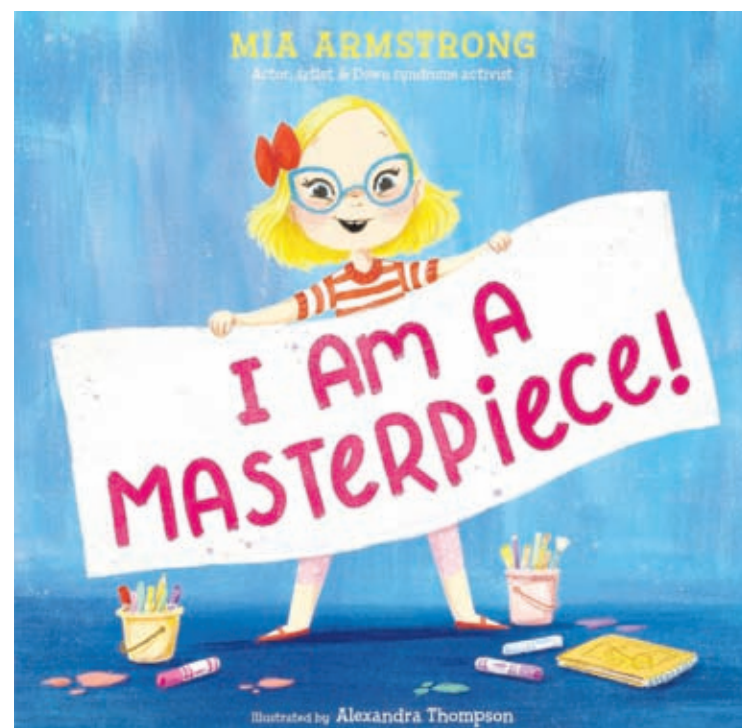
Armstrong has spoken often about Down syndrome, and has called it her "superpower."

"I wrote this story because I want to inspire other people to love their own stories and be proud of who they are," the 12-year-old Armstrong said in a statement. "Down syndrome does not define me and is just one small part of who I am. I'm also an actress, a model, a voiceover artist, a rock climber, a thrill seeker, a daughter, a sister, and a

friend. My dream is for 'I Am a Masterpiece!' to help kids everywhere recognize that people with Down syndrome are capable, strong and unique and that all people deserve to be accepted and loved."

Armstrong is the first child with Down syndrome to provide the voice for a cartoon character, the superhero Eon on the Netflix show "Action Pack."

Her other credits include "Hello Jack! The Kindness Show" and "Carol of the Bells." □



This book cover image released by Penguin Random House shows "I Am a Masterpiece!" by Mia Armstrong.

Associated Press



# Martin Truex Jr. wins at New Hampshire Motor Speedway for 1st time in 30 races

By **DAN GELSTON**

AP Sports Writer

**LOUDON, N.H. (AP)** — Martin Truex Jr. mastered another Monday matinee to win at New Hampshire Motor Speedway for the first time in 30 career Cup tries at the same track where as a kid he watched from the grandstands while his father raced.

Thanks to rain postponements, Truex won his second Monday race of the season — he also won at Dover — and fourth of his career.

Truex dominated in the No. 19 Toyota en route to his third win of the season. The Joe Gibbs Racing driver secured one of the few wins he desperately wanted in a career that could be winding down. The 43-year-old Truex, the 2017 NASCAR Cup Series champion, said over the weekend he was close to a decision on his future: either retire or return for another season at JGR. At the Magic Mile, it was simply time for an overdue celebration.

"This one's been eluding me for a long, long time," Truex said.

Truex led with 15 laps left when JGR teammate Christopher Bell, last year's



**Martin Truex Jr., steers his car into Turn 1 during the Crayon 301 NASCAR Cup Series race, Monday, July 17, 2023, at New Hampshire Motor Speedway, in Loudon, N.H.**

Associated Press

New Hampshire winner, smacked the wall to bring out the eighth caution.

"We should have a company policy that says when one of your teammates is leading, don't crash by yourself," Truex said over the radio.

It really didn't matter for Truex. He pulled away off the restart with nine laps left and could taste victory and soon enough, the 20-pound lobster that traditionally goes to the winner. It's a perfect reward for Truex, who also grew up

helping his dad on his family's clam boat.

This win was special. Truex tagged along as a kid to New Hampshire when his dad raced here in the 1990s and got his first taste of the sights, smells and sounds of a NASCAR garage.

One memory stood out among the others: Watching Dale Earnhardt finker with his carburetor under the hood of his car.

"I just kind of stood there in awe and watched," Truex said over the weekend.

And as soon as Truex could

race at New Hampshire, he won. Truex had just turned 20 years old when he won a regional stock car series race at the track. Pretty cool. Even better? His father finished fifth in the same race.

"This place is a big reason why I got to where I am," the younger Truex said.

Truex found early success in Loudon once he transitioned to Cup in 2006, rattling off a third-place finish and a fifth in 2007 when the series still raced here twice a season and a fourth and

seventh in 2008. He had six straight top 10s from 2016 to 2020 and led 172 laps from the pole last season before he faded to fourth. Truex said his JGR team "panicked" with a late call for two tires that backfired and cost them the checkered flag.

"It's one that I wanted really bad for a long time," Truex said. "Maybe too much, I don't know."

Much like last year, Truex won the first two stages of the 301-lap race.

## OTHER FINISHES

Joey Logano finished second. Kyle Larson, Kevin Harvick and Brad Keselowski rounded out the top five.

## BUSCH BUMMER

Kyle Busch was forced to drive his backup car after the No. 8 Chevrolet suffered damage in both practice and qualifying. Busch hit the wall early in the race and was forced out after 71 laps. The two-time Cup champion finished last. Busch had one win and finished in the top 10 in each of his last seven races. "I've been lacking right-rear grip the whole time we've been here," he said. "Just couldn't get the right-rear feel in the race track." □

# Carlos Alcaraz's Wimbledon trophy keeps him at No. 1

By **HOWARD FENDRICH**

AP Tennis Writer

**WIMBLEDON, England (AP)**

— Carlos Alcaraz held onto No. 1 in the ATP rankings on Monday by virtue of his victory over No. 2 Novak Djokovic in the Wimbledon final, and Marketa Vondrousova's first Grand Slam title pushed her all the way up to a career-high No. 10 on the WTA list.

Vondrousova jumped 32 places from No. 42 thanks to her 6-4, 6-4 win against Ons Jabeur in Saturday's final at the All England Club. Vondrousova, a 24-year-old from the Czech Republic, was the lowest-ranked and first unseeded women's champion at the

grass-court major.

Alcaraz's 1-6, 7-6 (6), 6-4, 3-6, 6-4 defeat of Djokovic

on Sunday marked the third time in the past four major tournaments that



**Spain's Carlos Alcaraz, left, celebrates with the trophy after beating Serbia's Novak Djokovic, right, to win the final of the men's singles on day fourteen of the Wimbledon tennis championships in London, Sunday, July 16, 2023.**

Associated Press

the men's title match determined who would be at No. 1.

At last September's U.S. Open, Alcaraz became the first teenager to lead the ATP by beating Casper Ruud in the final. At January's Australian Open, it was Djokovic who has spent more weeks atop the rankings than anyone in tennis history who assured himself of being at No. 1 by defeating Stefanos Tsitsipas. Alcaraz, a Spaniard who turned 20 in May, and Djokovic, a 36-year-old from Serbia, have been trading the highest spot this season. Alcaraz now enters his 29th week there.

"He's proven that he's the

best player in the world, no doubt," said Djokovic, who had won four consecutive titles at Wimbledon and was seeking a 24th Grand Slam trophy overall.

Iga Swiatek could have relinquished her 15-month hold on the WTA's No. 1 ranking to No. 2 Aryna Sabalenka at Wimbledon but remained there Monday. Swiatek lost in the quarterfinals; Sabalenka lost in the semifinals. The top seven slots in the women's rankings stayed the same Monday, with 2022 Wimbledon winner Elena Rybakina remaining at No. 3, followed by Jessica Pegula, Caroline Garcia, Jabeur and Coco Gauff. □





## Braves' Acuña is on pace to set new baseball standard

By **CHARLES ODUM**  
AP Sports Writer

**ATLANTA (AP)** — Ronald Acuña Jr. is on pace to do more than just join an elite 40-40 club in baseball history.

The Braves outfielder is threatening to obliterate the previous high mark for power-speed combination in a season.

Of the four players who have delivered seasons with at least 40 homers and 40 stolen bases, none accomplished the feat with more than 46 steals. Acuña is on pace for 41 homers and 77 steals. He could become the charter member of baseball's 40-50, 40-60 and 40-70 clubs.

"It would mean a lot to me personally just because I feel like not a lot of players have been able to accomplish something like that," Acuña, who is from Venezuela, said Sunday through a translator. "But my goal maintains the same, just try to stay as healthy as possible and help the team win." Acuña's 23 homers and 43 steals, already a ca-



**Atlanta Braves right fielder Ronald Acuna Jr. beats the throw to steal second base in the third inning of a baseball game against the Los Angeles Dodgers, Tuesday, May 23, 2023, in Atlanta.**  
Associated Press

reer high, are big reasons the Braves (61-31) boast the majors' best record as they prepare to open a three-game home series against Arizona on Tuesday night. Even after losing two of three to the Chicago White Sox to end their streak of 11 consecutive series wins, the Braves led second-place Miami by 9 1/2 games in the NL East entering Mon-

day night's games.

Acuña is only part of a powerful Atlanta lineup that also features Matt Olson's NL-leading totals of 30 homers and 77 RBIs. Even Olson is blown away by Acuña's all-around dominance. "He's doing things that I've never seen before," Olson said Sunday. "He's got all the tools. He works good at-bats and hits

the ball 500 feet and steals bases and throws guys out and makes great plays in the outfield. He does it all. We love having him on our squad and leading off every night." Acuña already is the first player to hit 20 homers with 40 steals and 50 RBIs before the All-Star break.

He ranks second in the National League with his

.333 batting average while leading the majors in runs and hard-hit balls.

Perhaps most impressive is the plate discipline Acuña has demonstrated even while being an aggressive batter who attacks first pitches. Acuña's strikeouts have declined each month this season. He has only two strikeouts with seven walks in 43 July at-bats.

"I think he's going up there and I think he's keeping it simple but keeping a precise plan and he's going up there and executing," said Braves third baseman Austin Riley. "I think there's something to be said about keeping things simple, especially in this game, and I think he's doing that."

Riley has played with Acuña since low Class A. He says he's always seen five-tools talent in Acuña's game. Riley says he's seeing something different this season as Acuña is determined to take advantage of his good health, now fully recovered after tearing the ACL in his right knee in 2021. □

## Aaron Rodgers' training camp debut is getting a 'Hard Knocks' close-up

**FLORHAM PARK, N.J. (AP)** — The New York Jets made it official Monday: Their first training camp with new quarterback Aaron Rodgers is getting the "Hard Knocks" treatment. The team announced its featured role in the long-running HBO and NFL Films show, which offers a behind-the-scenes look at preseason work for an NFL team. The premiere for the 18th edition of the show is Aug. 8.

Rodgers' arrival in New York after 18 stellar seasons with Green Bay certainly made the Jets an appealing subject for the show.

Coach Robert Saleh said last month that the Jets weren't interested in being the show's subject, but Rodgers made it clear last week during the American Century Championship golf event in Lake Tahoe that they'd have to do it anyway.

"There's a lot of eyes on me, a lot of eyes on our team, a lot of expectations for our squad, so they forced it down our throats and we've got to deal with it," Rodgers said. This is the Jets' second appearance on "Hard Knocks" and first since Rex Ryan's team did it in 2010, which also marks the most recent time the Jets made the postseason in the longest-active skid in the league. □



**New York Jets' quarterback Aaron Rodgers smiles during an NFL football news conference at the Jets' training facility in Florham Park, N.J., Wednesday, April 26, 2023.**

Associated Press